## LISTING OF THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application:

Claims 1-39. (Canceled).

Claim 40 (Currently Amended): An optical recording method for recording mark length-modulated information with a plurality of recording mark lengths by irradiating a recording medium with a light, the optical recording method comprising the steps of:

when a time length of one recording mark is denoted nT (T is a reference clock period equal to or less than 25 ns, and n is a natural number equal to or more than 2),

dividing the time length of the recording mark nT into

$\eta_1 T, \alpha_1 T, \beta_1 T, \alpha_2 T, \beta_2 T, ..., \alpha_i T, \beta_i T, ... \alpha_m T, \beta_m T, \eta_2 T$

in that order (m is a pulse division number; $\Sigma_i(\alpha_i + \beta_i) + \eta_1 + \eta_2 = n$; $\alpha_i$ $(1 \leq i \leq m)$ is a real number larger than 0; $\beta_i$ [[$(1<i<m-1)$]] $(1 \leq i \leq m-1)$ is a real number larger than 0; $\beta_m$ is a real number larger than or equal to 0; and $\eta_1$ and $\eta_2$ are real numbers between -2 and 2);

radiating recording light with a recording power $Pw_i$ in a time duration of $\alpha_i T$ $(1 \leq i \leq m)$; and

radiating recording light with a bias power $Pb_i$ in a time duration of $\beta_i T$ $(1 \leq i \leq m-1)$, the bias power being $Pb_i < Pw_i$ and $Pb_i < Pw_{i+1}$;

wherein the pulse division number m is 2 or more for the time duration of at least one recording mark and meets $n/m \geq 1.25$ for the time length of all the recording marks,

further wherein when the same pulse division number m is used on at least two recording marks with different n values, said at least two recording marks are formed by changing at least one of pulse time of $(\alpha_1 + \beta_1)$, $[[(\alpha_2 + \beta)]]$ $\underline{(\alpha_2 + \beta_1)}$, $(\alpha_m + \beta_{m-1})$ and $(\alpha_m + \beta_m)$ or changing one of duty ratio of $(\alpha_i/(\alpha_i + \beta_i))$ and $(\alpha_i/(\alpha_i + \beta_{i-1}))$.

Claim 41 (Previously Presented): An optical recording method according to Claim 40, wherein when the same pulse division number m is used on two recording marks of which length difference is 1T, said two recording marks are formed by changing at least two of $\alpha_1$, $\beta_1$, $\alpha_2$, $\beta_{m-1}$, $\alpha_m$, and $\beta_m$

Claim 42 (Previously Presented): An optical recording method according to Claim 41, wherein said two recoding marks are formed by changing at least one of $\beta_1$, $\beta_{m-1}$, and $\beta_m$.

Claim 43 (Previously Presented): An optical recording method according to Claim 40, wherein $Pw_i$ and $Pb_i$ are represented by Pw and Pb respectively for all the value n and the value i where i is $1 \leq i \leq m$.

Claim 44 (Previously Presented): An optical recording method according to Claim 40, wherein $\alpha_i + \beta_i$ $(2 \leq i \leq m-1)$ or $\beta_{i-1} + \alpha_i$ $(2 \leq i \leq m-1)$ is a constant value independently of said real number i.

Claim 45 (Previously Presented): An optical recording method according to Claim 44, wherein $\alpha_i + \beta_i$ ($2 \leq i \leq m-1$) or $\beta_{i-1} + \alpha_i$ ($2 \leq i \leq m-1$) is 2 independently of said real number i.

Claim 46 (Previously Presented): An optical recording method according to Claim 40, wherein $\alpha_i$ is kept almost constant as a constant value $\alpha c$ where said i is ($2 \leq i \leq m-1$).

Claim 47 (Previously Presented): An optical recording method according to Claim 40, wherein $\alpha_i$ ($2 \leq i \leq m-1$) is kept almost constant for the recording marks with the pulse division number of not less than 3.

Claim 48 (Previously Presented): An optical recording method according to Claim 40, wherein when performing a mark length modulation scheme recording on the same recording medium by using a plurality of linear velocities v while keeping v x T constant,

for m equal to or greater than 2, ($\alpha_i + \beta_i$) in $2 \leq i \leq m-1$ is kept constant independently of the linear velocity, $Pw_i$, $Pb_i$ and Pe in each i are kept almost constant independently of the linear velocity, and $\alpha_i$ ($2 \leq i \leq m-1$) is decreased as the linear velocity lowers.

Claim 49 (Previously Presented): An optical recording method according to Claim 40, wherein when performing a mark length modulation scheme recording on the same recording medium by using a plurality of linear velocities v while keeping v x T constant,

for m equal to or greater than 2, $(\beta_{i-1} + \alpha_i)$ in $2 \leq i \leq m$ are kept constant independently of the linear velocity, $Pw_i$, $Pb_i$ and Pe in each i are kept almost constant independently of the linear velocity, and $\alpha_i$ $(2 \leq i \leq m)$ are decreased as the linear velocity lowers.

Claim 50 (Currently Amended): An optical recording method according to Claims 48 or 49, wherein [[$\alpha_{iT}$]] $\underline{\alpha_i T}$ $(2 \leq i \leq m-1)$ are kept almost constant independently of the linear velocity.